

# Supply Chest

September 3, 2004

Ready - Resourceful - Responsive!

Vol. 56 No. 13

## Master Chief Williams retires after 30 years of service

FISC Norfolk formally said goodbye on August 6 to GMCM(SW/AW) Ronald Williams. He had served as the FISC Norfolk Command Master Chief since June 2002.

Williams' retirement ceremony was held aboard USS Enterprise (CVN 65) at Norfolk Naval Station. Guests at the ceremony included Williams' mother and six sisters and their families, who traveled from California, Massachusetts, Indiana, Georgia, and Maryland to witness the closing of his naval career.

The location of the ceremony had special significance for Williams. His father served aboard Enterprise when he was in the Navy. Also, Williams' last sea tour was with VFA-87 embarked aboard Enterprise.

Former FISC Norfolk Commanding Officer Capt. L.V. Heckelman was the keynote speaker at the retirement ceremony. He had many fond memories of Master Chief Williams, and said that he was honored to have the opportunity to speak on behalf of all of



*FISC Norfolk Commanding Officer Capt. Timothy Ross presents GMCM(SW/AW) Ronald Williams with a certificate of retirement at Williams' retirement August 6 aboard USS Enterprise.*

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## DoD vehicle decal update needed

The Base Pass and ID office has requested help in updating their new DoD vehicle decal database. They recently switched to a new system but some of the information did not convert. Your help is requested in providing pertinent information regarding your vehicle(s). Please provide the following information to Ray Spivey and he will enter it into the base DoD vehicle decal database. He would like to receive this information as soon as possible. You may either email him the information or, if you prefer, you may bring the information to him personally.

The following information is required:  
Base Decal Number (ex: RDB 427)  
Month & Year (expiration date, ex: 7 05)  
Color of Strip (this is the strip below the

decal; red enlisted, blue officer, green civilian service employee, or white contractor)

Color Strip Activity Name (this is who issued the decal and is on the color strip, ex: Oceana, Little Creek, COMNAVREG MIDLANT, etc)

NAME

SSN

Local mailing address & zip code

Duty Station

Pay Grade

Work Code

Work Phone

License Plate Number & State

Vehicle Year

Vehicle Make

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# Community service opportunities are everywhere

Opportunities for community outreach abound now. Make a difference in your community by volunteering for one of the following opportunities.

School is about to begin. If you have a partnership with a school, call that school's volunteer coordinator and start the year by setting up an appointment to discuss how your command can help our children this school year.

Command partners in education (PIE) coordinators should visit the Virginia Beach public schools website at [www.vbcps.k12.va.us/model/mod\\_gallery0304.html](http://www.vbcps.k12.va.us/model/mod_gallery0304.html) and see what other PIEs are doing with their partnerships and what makes them successful. You may want to emulate some of these partnerships.

**American Red Cross**, Naval Medical Center, Portsmouth needs volunteers with computer skills to perform administrative functions at the Health and Readiness clinic. For information, call Sylvia Pakradooni or Connie Williams at (757) 953-5435.

**The Berger Goldrich Home at Beth Shalom Village** needs volunteers to care for the fish aquariums and the center's pet birds. For information, call Leslie Legum at (757) 420-2512.

**Edmarc Hospice for Children**, in collaboration with Jewish Family Service of Tidewater, is recruiting Peace by Piece support group facilitators. Peace by Piece is a grief support group for children. For information, call Jill T. Billiau at (757) 967-9251.

**Hope House Foundation** needs conscientious and dependable volunteers to spend time with adults who have development disabilities. For information, call Sally George at (757) 625-6161, ext. 24.

**Norfolk Botanical Gardens** needs volunteers (families welcome) to assist with the "Garden of Lights display." For information, call Debra Burrell at (757) 441-5830 ext. 327.

**Portsmouth Community Health Center** needs volunteers who can serve as outreach workers, perform in-house billing and coding assistance, help with security and building maintenance or provide administrative assistance. For information, call Phyllis Parker at (757) 393-6363, ext 326.

**Samaritan House** is celebrating its 20th anniversary by hosting a "Walk Against Domestic Violence" to be held on Saturday, Octo-

ber 16 from 7:30 a.m.-1 p.m. at the 17th Street Park in Virginia Beach. Volunteers are needed to help set up and take down, to help hang banners and set up tents and tables. They also need volunteers to help refurbish their shelters. Call Jackie Moseley, director of volunteers at 631-0710, or email: [jackiem@samaritanhouseva.org](mailto:jackiem@samaritanhouseva.org) to register.

**The Alzheimer's Association Southeastern Virginia Chapter**, 20 Interstate Corporate Center, Suite 233, Norfolk, Va. 23502 needs volunteers to serve on committees and teams to participate in their annual Southside and peninsula memory walks. The Southside Memory Walk will be held on Saturday, October 4 at NAS Oceana with a 9 a.m. registration and 10 a.m. walk start time. The Peninsula memory walk will be held on Saturday, October 9 at Newport News Park with a 9 a.m. registration and 10 a.m. walk start time. For information contact Tesha Benjamin at 459-2405 or [tesha.benjamin@alz.org](mailto:tesha.benjamin@alz.org).

**The Foodbank of Southeastern Virginia**, 800 Tidewater Drive, Norfolk, needs volunteers with trucks or vans to pick up and deliver donated product for the Foodbank Mon-Fri. Volunteers are also needed for the following: September 11, 7:30 a.m.-12:30 p.m., four volunteers needed for agency distribution at the Foodbank. September 11, 7 a.m.-4 p.m., 20 volunteers needed to collect food and pack truck at fun fours soccer tournament at the Virginia Beach Soccer Complex. Shifts are 7 a.m.-noon and noon-4 p.m. On September 18, four volunteers are needed for agency distribution from 7:30 a.m.-12:30 p.m. at the Foodbank. On September 18, 20 volunteers needed to collect food at collection sites for Scouting for Food. On September 21 from 2-4 p.m., 20 volunteers are needed to sort or bag food at the foodbank in support of "Operation Chow Line." On September 25 from 9 a.m.-noon, 20 volunteers are needed to sort food at the Foodbank. If interested, please contact Barbara Mann, volunteer coordinator at 314-4559.

**The Veterans Administration Hospital** in Hampton is in dire need of drivers to pick up patients at home, take them to the hospital for their appointments, and return them home. Transportation is

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## Supply Chest

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This appropriated funds newspaper is an authorized publication for military and civilian personnel of the Fleet and Industrial Supply Center (FISC), Norfolk, and the Defense Distribution Depot (DDNV), Norfolk. It is published by the FISC Public Affairs Office, located in building W-143, Naval Station Norfolk. Contents of the Supply Chest are not necessarily the official view of, or endorsement by, the US Navy. The Supply Chest is a bi-weekly publication published in compliance with the provisions of NAVSO P-35. It is a member of the American Forces Press Service and is available on line at [www.nor.fisc.navy.mil](http://www.nor.fisc.navy.mil). Material may be reprinted if proper credit is given. Submit material to the FISC Public Affairs Office, Code 01, or call (757) 443-1014 DSN 646-1014; FAX (757) 443-1015. All material is subject to editing.

## Speaking for the Fleet ... Buy now, pay later

By *FLTCM(SW/AW) "Buck" Heffernan*

How many credit cards do you have? Two? Five? Ten? The fact is, no matter how many cards you have, almost all Americans, Sailors included, tend to purchase more than they can afford on their annual income. It's easy to spend more than you make because of credit. Now, before anyone starts to think I'm against credit, let me say that I'm a big fan of it...as long as it's used smartly. Most of us have varying amounts of credit — it's the way we make most major purchases. Used correctly, credit allows us to enjoy today what we will pay for tomorrow.

On average, according to the Business Journal Online, Americans carry \$2,294 in credit card debt. The number of credit cards in the average person's wallet or purse is 2.3.

I was surprised to learn the average debt was so low. I often hear people have many more cards, and much more debt...so perhaps this is good news for all of us. But keep in mind, these are average figures; many people have many more cards and carry huge amounts of debt incurred on high-interest credit cards.

When I read some of the statistics about credit and debt, I started to think about credit management and that's what I would like to talk with you about this week.

Who taught you how to obtain credit? Who taught you how to get the best interest rates? If you say your parents or teachers, that's great, but I'm not sure that's the most common answer. For the average Sailor, I suspect the Navy provides him or her with their first real serious amount of money, and their first opportunity for credit. Unless things have changed a great deal, most people in high school work, but manage to spend almost everything they make on

clothes, entertainment or their vehicles. I know when I first started working, I was just happy receiving a little cash and didn't think much about saving any of it for later.

I believe most Sailors learn credit management the hard way, by trial and error...and the errors can be costly. In the beginning, credit is great. Credit allows you to purchase all the things you don't have enough money for. The most prevalent answer I get from Sailors about why they charge purchases on a credit card is, "because it allows me to have something today and pay for it over time." That's not a bad answer unless the interest rates on their cards are high.

Credit can get Sailors into financial trouble quickly. Because credit allows a person to only pay minimum payments on purchases, people often ring up large debts because they can handle the small monthly payments. The problem is, if you do the math, making minimum payments can cost you a huge amount of interest over time. My point is — how smart is it to purchase a television at 10 percent off if you put it on a credit card that has a high interest rate and you only make minimum payments? The truth is, you could end up spending a huge amount of money more by paying over time.

Here are a few tips I have learned to use credit wisely:

- \* If at all possible, save up the money for a major purchase and don't use a credit card.

- \* For major purchases, consider a loan from a bank or credit union. Often the interest rates from banks are lower than credit cards.

- \* Little things add up. If you use a credit card, use it only for major purchases, not your day-to-day expenses.

- \* Use just one credit card so it's easy to monitor your statements. Also, in case of



*FLTCM(SW/AW) "Buck" Heffernan*

theft or loss, it's easier to report a single card than multiple cards.

- \* Pay more than the minimum bill each month. Paying only the minimum may mean you pay for years.

Finally, if you find yourself getting in financial trouble because of credit card debt, consider a consolidation loan from a bank or credit union. Often you can lump all your bills together and reduce your interest and monthly payment. Another superb source of help is the Fleet and Family Support Center. There are qualified counselors at each center who can help you devise a debt reduction plan based upon your budget...but I would suggest going to see a counselor BEFORE the wolves start to circle. What I mean is, go see a counselor before you start getting the letters of indebtedness and nasty notes from creditors. If you need financial help, asking for it early is always better than later.

## SECNAV reminds Sailors to register, then vote

*Special message from Secretary of the Navy Gordon R. England*

Every day, around the world, Sailors and Marines dedicate themselves to protecting and serving our great nation. This is part of the proud heritage of our renowned Navy/Marine Corps team. It is your daily dedication to America that ensures our liberty and allows us to enjoy many unsurpassed privileges.

The right to vote is one such privilege - a privilege earned by American patriots, like you, who believe in the ideals of a democratic system. The very cornerstone of our democracy is the hard-won right to vote. By exercising your right to vote, you help make

our nation a shining beacon of democracy and self-government to all other people in the world.

I encourage all eligible Sailors, Marines and their family members to vote. I also remind you to register early, and above all, be assured that your vote counts. Contact your command's voting assistance officer for absentee voter registration materials and any additional assistance you may need.

Thank you for your faithful service to our great nation. God bless you and your families, and God bless America.



## Healthy eating, exercise key to losing, keeping off weight

By SK2 Lorenzo Hill, FISC San Diego

Diet and exercise routines are losing the battle with the fad diets. We all know which ones are the popular ones...we see them on TV all the time. It seems that everyone has tried something out of the weight loss guru books or the infomercials. Many people dismiss the warnings because they know someone or heard of someone who has dropped a significant amount of weight while on a fad diet. To lose weight, you must burn more calories than you consume. If you are a big eater, you must exercise just as hard or harder than the next person.

What makes losing weight so hard?

Society is set up so that it's easy to gain weight. Cars, elevators, and other means of transportation, other than walking, are contributing to the cause of gaining weight. Also, high calorie foods, fatty foods are culprits. To make a change, you must take a stand. Apply the "eat less-exercise more" method of weight loss. Eating too many calories, whether from carbohydrates, fats or proteins, leads to weight problems. Carbohydrates eaten in moderation don't cause increased insulin levels or obesity, as many of the current fad diets claim.

What are the worst aspects of fad dieting?

There are two main reasons for losing weight, both of which are valid—to improve your health and for cosmetic reasons. You can lose weight on different diets, but it may not be healthy in the long run. Many fad diets advise cutting back on carb intake, and they include very few grains, fruits and veggies. There's a ton of evidence that increasing grains, fruits, and veggies is good for health and for prevention of diseases like cancer. On a fad diet, even if you lose the weight, you may not improve your long-term health. Most people can't stick with these diets and they end up back where they started. Most people go off of the diet and gain their weight back.

Are you frustrated with losing weight?

Take a close look at what you are doing. Most people underestimate the number of calories they eat by around 20 percent, more if they are over weight. On the other hand, they overestimate their physical activity. It's not intentional; it's that we are not good judges. I recommend an individualized approach. For instance, a person may have physical problems, which may prevent him from doing much activity, so we have to look more at the diet. Others think they have to over do it on the training. Instead of doing that, I suggest parking further away from the store. Rather than thinking, "I have to go on a diet," approach it in a more positive manner and make it enjoyable. Focus on the process instead of the end result. Make the trip fun, not the destination.

Remember, it's not "rocket science." Make weight loss fun by doing active things that you enjoy and by eating foods that are healthy for you, and you will have fun reaching the destination of your dreams.



SK2 Lorenzo Hill

## Williams from page 1

the officers and enlisted men and women who had served with Master Chief Williams during his 30-year career.

One of Williams' sisters, recently retired AK1 Pamela Hanson, also spoke at the retirement ceremony. She took the opportunity to thank her brother for all of his support during her career, and for being her "personal senior enlisted advisor."

During the ceremony, FISC Norfolk Commanding Officer Capt. Timothy Ross presented Master Chief Williams with the Meritorious Service Medal. Williams was also presented with a unique retirement gift. While it is traditional for retiring Sailors to receive a shadowbox containing medals, ribbons, a flag and other career memorabilia, Williams received a traditional "Sea Chest" containing mementos from his 30-year career. The tradition of presenting Sailors with a sea chest goes back to the days of "iron men and wooden ships."

Williams' retirement ceremony closed-out with a flag-passing ceremony officiated by the new FISC Norfolk Command Master Chief, CSCM(SS) Tom Farnsworth.

## Hurricane season lasts through late Fall - we are now in a historically active month for hurricanes in this area - are you prepared?

**Naval Station Norfolk's  
Hispanic American  
Heritage Month  
Luncheon**

**September 20, 2004  
Breezy Point  
Officers' Club  
1100-1300**

**Tickets are \$10.00 per person.  
Price includes ethnic cuisine,  
dance, and music. Guest  
speakers are Ms. Debbie Martinez  
and Dr. Rodriguez Hirsch.  
Call 445-0452 for information.**

### **Volunteer from page 2**

provided for the drivers. For more information please contact Judith Curtis, volunteer coordinator at the Veterans Administration Hospital, 728-3124.

**Children of Refugees**, 1400 Ships Landing Road, Virginia Beach, Va. 23464 is an organization committed to helping underprivileged children with life-threatening illnesses all over the world. They need volunteers to help with office work and event planning. If interested please contact Miriam Zavala at 467-1670, or email mzcrcor@verizon.net.

**Portsmouth Reads**, a program that seeks to increase literacy abilities in collaboration with the Tidewater Literacy Agency, needs volunteers to tutor children two days a week. They also need help with tutoring adults. For information call Ned McCabe at 393-9385.

**The Virginia Zoo** needs volunteers for a variety of jobs to help with their annual "Breakfast With the Animals" and "Prairie Dog Exhibit Opening." Date of event is September 11. Some volunteers are needed on the afternoon and evening of September 10 to help with set up of tables and displays. Lots of volunteers are needed for the day of the event. If interested, call Pat Clark at 441-2374 ext 225.

**City of Virginia Beach Auxiliary Police** - if you have an interest in law-enforcement and would like the opportunity to serve your community, the Virginia Beach Police Department is actively recruiting for the position of auxiliary police officer from now until October 29. All applicants must be: U.S. citizens, 21 years of age, possess a valid Virginia or North Carolina driver's license (or be able to obtain one), be a high school graduate (or equivalent). Successful candidates will be required to attend training on evenings and alternating Saturdays. For more information or to acquire an application package, please call Master Police Officer Jay Beasley at 563-1069 or the city of Virginia Beach Department of Human Resources at 427-4157.

**Citizens Committee to Protect the Elderly**, 407 Oakmeads Crescent, Virginia Beach, needs volunteers to visit elderly residents of nursing homes throughout Hampton Roads. Navy partnerships are needed to "adopt" a nursing home for regular visits or community service projects. Flexible hours. Training available for groups or individuals. If interested, call Judith Allison at 518-8500.

Dive team volunteers needed! Must have current certification card and dive log with at least 10 dives. Call the **Virginia Aquarium** Volunteer Services Office at 437-6020 for information or to request an application.

## **RFID demonstration**



Defense Distribution Center New Cumberland Deputy Director Phyllis Campbell (center) receives a briefing on FISC Norfolk's Radio Frequency Identification (RFID) system from Dave Cass (right), transportation systems analyst. The FISC Norfolk RFID system is no longer a prototype. It is now the primary method for documenting shipments in and out of the FISC Norfolk Ocean Terminal.

## **Welcome Aboard**



Welcome aboard to CSCM(SS) Tom Farnsworth, who recently reported aboard as the new FISC Norfolk Command Master Chief. He reported to FISC Norfolk from the Navy Food Management Team in Norfolk. He had previously served at the White House where he was the Food Service Department Head responsible for the entire West Wing Navy Mess food and beverage operation. His duties there also included providing food security for the President and First Lady during domestic and foreign travel.



Welcome aboard to Lt. Cmdr. Harold Valentine, Director, Material Operations (Code 300). Lt. Cmdr. Valentine reported to FISC Norfolk from Commander, Sealift Logistics Command.



# NICC provides valuable support to deployed Seabees

The Naval Construction Battalion "Seabees" have been the construction arm of the Navy since 1942. The Seabees were established by the Navy to build critical infrastructure in combat zones. This is work only a military organization can do with combat trained troops. However, the essential skills required to accomplish this work are traditional construction skills normally found in the "trades" community. The Seabees combine the military and craftsman skills to form the Navy's Construction Battalion.

Seabees are currently deployed around the world providing vital support to a variety of evolutions and operations, including those in and around Afghanistan and Iraq. But when the Seabees need logistics support, who takes care of their needs?

For many years, the Seabees have been centrally serviced by the Construction Battalion Center (CBC) Gulfport Support Group. Unfortunately, if a deployed Seabee unit needed to speak with a customer support representative (CSR) in Gulfport, it had to be done during the hours of 8 a.m.-4:30 p.m., Central Time. The CSRs in Gulfport aren't sufficiently staffed to provide 24 hour live customer support.

When the Navy Integrated Call Center (NICC) program manager found out about the lack of 24/7 live customer support for Seabees, a plan was quickly put into motion to provide them that service. "Since the NICC is already on line to provide 24/7 service to fleet units, it was just a matter of training our CSRs on how to support the Seabees," explained Sharon McPherson, FISC Norfolk NICC supervisor.

McPherson met with CBC Gulfport representatives while FISC San Diego's call center manager met with Seabee representatives at Port Hueneme, Calif. Together, they developed a training program



*Nettie Simmons provides customer support in the FISC Norfolk NICC*

for CSRs to teach them how to support the Seabees. "Seabees use a different supply system from those used by fleet and shore units," explained McPherson. "Their system is called Supply Management Information System (SUPMIS). In order for our CSRs to be able to help them, they had to become familiar with SUPMIS and the different screens they would see on their computers while tracking Seabee shipments."

Once CSRs completed the four-hour training, they were ready to "go live" with the Seabees. They can still speak with CSRs in Gulfport during the day, but now, no matter where they are or what time it is, deployed Seabees can get live logistics support, thanks to the hard-working and flexible CSRs in the Norfolk and San Diego NICCs.

## New DUI laws apply on base as well as off base

On July 1, 2004, the state of Virginia increased the penalties for individuals caught driving under the influence (DUI). These new laws will be applied to individuals caught for DUI on Naval installations. A blood alcohol content (BAC) equal to or greater than 0.15 will result in 5-days mandatory jail time, or 10-days if BAC is 0.20 or more. A second conviction for DUI within 5 years will result in a mandatory minimum sentence of 20 days, if within 10 years minimum is 10 days. A third conviction for DUI within 5 years results in a mandatory minimum sentence of 180 days, if within 10 years minimum is 90 days. Driving on a restricted license with BAC of 0.02 (DUI is 0.08) face one year suspended license and \$2,500 fine. Drivers convicted with BAC over

0.15 will be required to use a breathalyzer ignition-interlock on their vehicle if given a restricted license. If a driver has a previous DUI conviction and is arrested for a second DUI, his/her license will be automatically suspended for 30 days (60 days if 2 prior convictions) or until trial. The state will seize a driver's vehicle during their third DUI offense.

When an individual is stopped on base for possible DUI, a breathalyzer/blood test will be administered to determine the person's BAC. An individual is considered under the influence if:

- a. A BAC of .08% is registered and the alleged offender is at least age 21;
- b. A BAC of .02% is registered and the alleged offender is under the age of 21; or

c. The alleged offender refuses to submit to the test.

Being charged with DUI whether on base or off, will result in the immediate suspension of base driving privileges for one year.

Additionally, if an alleged DUI offender is operating a vehicle which is not his own and the owner of the vehicle is in the vehicle at the time of the incident, the owner of the vehicle may receive the same penalty as the driver. These administrative penalties will be assessed in addition to any judicial action taken by the court.

DUI kills - let's do our part in making the roads safe.



## Postal course graduates headed to Persian Gulf



Reservists from Commander, Naval Expeditionary Logistics Support Force (COMNAVELSF) proudly display their certificates after completing refresher postal training prior to deploying to the Persian Gulf Region. The group of graduates included not only postal clerks, but Sailors from other supply and administrative ratings too. They will all provide mail services to deployed troops during their deployment. COMNAVELSF is homeported at Cheatham Annex near Williamsburg, Va.

## Fleet Supply Officer visits Mail Center



Capt. Ray Berube, recently selected for promotion to Rear Admiral (RDML) and assigned to U.S. Fleet Forces Command as Director of Logistics and Fleet Supply Officer, paid a visit to FISC Norfolk's Regional Navy Mail Center on August 9. Capt. Berube was welcomed and briefed by FISC Norfolk's Executive Officer, Capt. Robert Carter, Lt. Cmdr. Harold Valentine (Code 300) and Dave Wiggs, Regional Mail Center director. While touring the facility, Capt. Berube had the opportunity to talk with Naval Reservists attending class at the facility prior to their deployment to the Persian Gulf region. Co-located with the Regional Navy Mail Center is the U.S. Postal Service operation on Naval Station Norfolk. Jim Rogers, Manager, Fleet Branch Post Office, provided Capt. Berube a tour of their facility and an explanation of the relationship between the Navy mail operation and the USPS. The Regional Navy Mail Center serves as the U.S. Fleet Forces Command Official Mail Manager, the Mid-Atlantic Region Official Mail Manager, Atlantic Fleet Postal Finance Office, Atlantic Fleet Postal Advisors and Inspectors, manages the Atlantic Fleet Official Mail Meter Program, serves as the Overseas Transfer Point via Norfolk Air Terminal, and is the Fleet Service Branch Support facility. In addition, they serve as the Atlantic Fleet Ombudsman News Letter Program distribution point.

### Decal from page 1

Vehicle Model (ex: Monte Carlo, station wagon, explorer, etc.)

Vehicle Color

Body Type (sedan, station wagon, truck, jeep, etc.)

Vehicle Liability Insurance Company

Vehicle Identification Number (VIN)

Registered Owner's Name (if different than above)

Registered Owner's Address (if different than above)

This information is being requested for all of your vehicles that have a base decal on them. Your cooperation is greatly appreciated. Please provide the requested information to Ray Spivey via guard mail, email or telephone at your earliest convenience. His contact information is listed below:

Ray Spivey

Security Operations Officer

FISC Security, Code 05

Phone: (757) 443-1517 DSN 646-1517

FAX: 443-1537

EMAIL: ray.spivey@navy.mil





*FISC Norfolk Executive Officer Capt. Bob Carter congratulates PC2(SW) Chris Ervin after presenting him with the Navy/Marine Corps Achievement Medal (gold star in lieu of third award).*



*FISC Norfolk Executive Officer Capt. Bob Carter congratulates SH1(SW/AW) Steven Boyd, Fleet Assist Team, after presenting him with the Navy/Marine Corps Commendation Medal.*



*Ocean Terminal Import Team, Code 302, is the FISC Norfolk Work Team of the Quarter. They are (left to right) Andrew Phillips, Barbara Frost, Kerry Foerst, Dawn Johnson, Don DeVorss, and Alice Edwards.*



*Edward Hilton, Material Handler Supervisor I, NNSY Annex, is the FISC Norfolk Supervisor of the Quarter.*



## Bravo Zulu